

HYDE COUNTY HOTLINE, INC.

We are committed to promoting dignity, respect and safety at home resulting in safer community.

Visit us at: Website: HydeCounty-Hotline.org Facebook: [Hyde County Hotline](https://www.facebook.com/HydeCountyHotline)

June 2018 Newsletter

How abusers use mind tricks and manipulation to portray survivors as insane

By domesticshelters.org



Sarah's* abuser made her sleep facing him in bed. It started innocently enough. He said he liked it when she slept facing him so he could watch her fall asleep. It was romantic. But what started out as a request quickly turned into a demand. He convinced her that rolling over meant "turning her back on him," and he'd become furious, even if she did it unthinkingly in that period between wakefulness and slumber. Sarah used to lie awake until she was certain he was asleep and then quietly roll over onto her right side, which is how she preferred to sleep.

Sarah had to take two Tylenol PMs every night for a year in order to fight off the anxiety and get some rest. Because the medication knocked her out so well, she wouldn't wake up in the middle of the night to pee, and she started getting frequent bladder infections. Her abuser said the infections were her fault, that she was "dirty." "Was I?" she would ask herself.

At a happy hour with friends, a conversation about sleeping positions arose. Sarah's abuser put his arm around her and kissed her on the temple. He said, "We like to sleep facing each other because we can't bear to be out of each other's sight." She smiled while the other couples oohed and ahed, everyone impressed by his sense of romance. Maybe she had it all wrong, Sarah thought. "Maybe I'm crazy."

Click link below to continue

[Psychological Abuse Cuts Deep](#)

FORMS OF ABUSE

Domestic violence is any of the forms of abuse listed below. All types are unacceptable some are criminal offences.

Creating fear

Fear is a key element in domestic violence and is often the most powerful way a perpetrator controls his victim. Fear is created by giving looks or making gestures, possessing weapons (even if they are not used), destroying property, cruelty to pets - or any behaviour which can be used to intimidate and render the victim powerless.

Intimidation

Includes smashing things, destroying her possessions, putting a fist through the wall, handling of guns or other weapons, using intimidating body language (angry looks, raised voice), hostile questioning of the victim or reckless driving of vehicle with the victim in the car. It may also include harassing the victim at her workplace either by making persistent phone calls or sending text messages or emails, following her to and from work or loitering near her workplace.

Verbal abuse

Using words as a weapon to cause significant damage. This may include screaming, shouting, put-downs, name-calling, swearing, using sarcasm or ridiculing her for her religious beliefs or ethnic background. Verbal abuse may be a precursor to physical violence.

Physical abuse

Behaviour such as pushing, shoving, hitting, slapping, attempted strangulation, hair-pulling, punching etc. and may or may not involve the use of weapons. It could also be threats to destroy or actually destroying her prized possessions. It can range from a lack of consideration for her physical comfort to causing permanent injury or even death.

Emotional abuse

Behaviour that deliberately undermines her confidence leading her to believe she is stupid or that she is 'a bad mother' or useless or even to believe she is going crazy or is insane. This type of abuse humiliates, degrades and demeans the victim. The perpetrator may make threats to harm the victim, her friends or family members or to take her children or to commit suicide. The perpetrator may use silence and withdrawal as a means to abuse.

Stalking

Sometimes the victim is stalked by the perpetrator either before or after separation. Stalking includes loitering around places she is known to frequent, watching her, following her, making persistent telephone calls and sending mail including unwanted love letters, cards and gifts although the relationship has ended. Stalking is a criminal offence. Under the stalking legislation more than one type of behaviour has to occur or the same type of behaviour has to occur on more than one occasion.

Domestic homicide

The victim and/or her children are killed by the intimate partner as a result of domestic violence.

For more on Forms of Abuse visit domesticviolence.com

Hyde County Hotline

Promoting dignity, compassion, respect

Hyde County Hotline
24-Hour Crisis Line
252-925-2500

Remember you are not alone; help is just a phone call away.

Our Mission

The purpose of Hyde County Hotline, Inc. is to work to eliminate domestic abuse and sexual victimization in Hyde County, North Carolina through the collaborative efforts of a compassionate community. We promote dignity, respect and safety at home resulting in safer communities.

WHAT WE DO

- **Crisis Intervention**
- **Domestic and Sexual Violence Advocacy**
 - **Survivor Services**
 - **Safe Shelter**
 - **Safety Planning**
 - **Support Groups**
 - **Referrals**
- **Program Presentations**

Does the person you love.....

Discourage relationships with family or friends?

Constantly criticize or belittle you?

Prevent you from working or attending school?

Humiliate you in front of others?

Anger easily when using alcohol or drugs?

Constantly accuse you of unfaithfulness?

Destroy your personal property?

Use or threaten to use a weapon against you?

Hit , punch, slap, kick, or bite you or your children?

If the answer is “Yes” to even one of these questions, call our

Hyde County Hotline

24-Hour Crisis Line 252-925-2500

How You Can Help

- Donate to our Thrift Store—
- Ask us about presentations
- Ask how we can help you
 - Tell others about us
- Become a Hotline Volunteer
 - Financial Gifts

Please help offset some of our operational costs by contributing to our program

Please make checks payable to:

Hyde County Hotline

PO BOX 335

Engelhard, NC 27824





We love Volunteers!
Please help and call
Hyde County Hotline
252-925-2502.



 **Nothing Compares** 

Thank you to the family Violence Prevention Services Program
US DHHS, and NC Council for Women for financial support.